

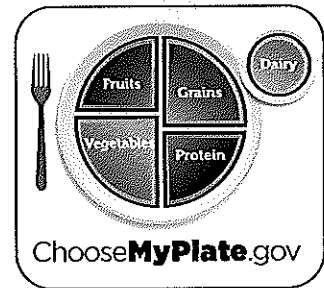
# LESSON 3

## My Plan for Healthy Eating and Physical Activity

Student Learning Objectives:	National Health Education Standards:
1. Analyze the benefits of healthy eating and being physically active.	• Core Concepts
2. Describe the federal dietary guidelines and the amount of physical activity recommended for one's age in order to achieve health benefits.	• Self Management

### Lesson Synopsis

Review the previous lesson on benefits of eating healthy foods and being physically active. Identify specific recommendations for healthy eating and physical activity for two typical sixth grade students. Compare and contrast these two plans and discuss what factors influence dietary needs. Have students create their own personalized daily food plan. Analyze students' 24-hour nutrition and physical activity logs to determine how they compare to their daily food plan. Share a strength and a challenge related to nutrition and physical activity.



Activity	Time in Minutes	Materials Needed
Introduction	2	Supplied by the Teacher <ul style="list-style-type: none"> <li>Posters of slogans created by students during Lesson 2</li> </ul>
Teacher Input	15	<p>Teacher Manual Resources</p> <ul style="list-style-type: none"> <li>Teacher Reference: "Sample Daily Food Plans for Sixth Grade Students"</li> <li>Student Handout: "Madison's Daily Food Plan"</li> <li>Student Handout: "Andrew's Daily Food Plan"</li> <li>Slide Master Set: "Madison's and Andrew's Daily Food Plan"</li> <li>Teacher Key: "Madison's and Andrew's Daily Food Plan"</li> </ul> <p>Supplied by the Teacher</p> <ul style="list-style-type: none"> <li>Projector</li> <li>Computers with Internet access</li> <li>Slides</li> <li>LCD Projector (Suggestion)</li> </ul>
Application or Skill Practice	25	<p>Teacher Manual Resources</p> <ul style="list-style-type: none"> <li>Student Worksheet: "My Nutrition and Physical Activity Recommendations"</li> <li>Student Worksheet: "My Nutrition and Physical Activity for 24 Hours" (from Lesson 2)</li> <li>Teacher Reference: "My Pyramid Plans for Sixth Graders" (Suggestion)</li> <li>Student Handout: "1600 Calorie Daily Food Plan" (Suggestion)</li> <li>Student Handout: "1800 Calorie Daily Food Plan" (Suggestion)</li> <li>Student Handout: "2000 Calorie Daily Food Plan" (Suggestion)</li> <li>Student Handout: "2200 Calorie Daily Food Plan" (Suggestion)</li> <li>Student Handout: "2400 Calorie Daily Food Plan" (Suggestion)</li> <li>Student Handout: "2600 Calorie Daily Food Plan" (Suggestion)</li> <li>Slide Master: "How Am I Doing? Part 1"</li> <li>Slide Master: "How Am I Doing? Part 2"</li> </ul>

<b>Application or Skill Practice (continued)</b>		<ul style="list-style-type: none"> <li>• Teacher Reference—Assessment: “Assessment Rubric for Skill Development: My Nutrition and Physical Activity Recommendations”</li> <li>• Student Self-Assessment Rubric: “My Nutrition and Physical Activity Recommendations”</li> </ul> <p>Supplied by the Teacher</p> <ul style="list-style-type: none"> <li>• Projector</li> <li>• Slides</li> <li>• Pens and pencils</li> <li>• Printer (Suggestion)</li> <li>• Paper (Suggestion)</li> </ul>
<b>Closure</b>	3	<p>Supplied by the Teacher</p> <ul style="list-style-type: none"> <li>• Student folders or file folders</li> </ul>
<b>TOTAL</b>	45	

## Preparation

Prior to the Lesson:

- **Decide if you want to assess** student skill development. A rubric, “Assessment Rubric for Skill Development: My Nutrition and Physical Activity Recommendations,” is provided for you to use at the end of this lesson.
- **Decide if you want students to assess** their own progress. **Duplicate** the rubric, “My Nutrition and Physical Activity Recommendations,” for students if you plan to have them use it.
- You have three options for presenting this lesson.
  - Arrange for your class to **work in the computer lab**. This is the preferred option if possible.
  - **Use a computer and LCD projector in the classroom** to project the MyPlate site. You will need the student handouts of the plans. (Suggestion)
  - **Discuss** the website and use the student handouts of the plans. (Suggestion)
- **Read** the teacher reference, “Sample Daily Food Plans for Sixth Grade Students,” to prepare for a demonstration of the MyPlate website.
- **Read** the teacher reference, “Daily Food Plans for Sixth Graders,” and **ask students their age and activity levels** so that you will know how many of each of the calorie handouts used in the Application or Skill Practice to **duplicate** if students will not have access to the MyPlate website. (Suggestion)

For Introduction:

- **Display** the posters of slogans about the benefits of eating healthy and being physically active created by the students during Lesson 2.

For Teacher Input:

- **Decide if you will download and duplicate** Madison’s and Andrew’s Daily Food Plan from the MyPlate website, or **duplicate the student handouts**, “Madison’s Daily Food Plan” and “Andrew’s Daily Food Plan,” found at the end of this lesson. This will be critical if you are not able to conduct this class in the computer lab or project the website in your classroom. (Suggestion)
- **Prepare** slides of the slide masters in the set, “Madison’s and Andrew’s Daily Food Plans.” **Review** the teacher key.

For Application or Skill Practice:

- **Duplicate** the student worksheet, “My Nutrition and Physical Activity Recommendations,” for each student.
- **Read** the optional teacher reference, “Daily Food Plans for Sixth Graders,” to determine which handout to give to each student if students do not have internet access.
- **Duplicate** the appropriate suggested student handouts, “Daily Food Plan,” with the correct calories for each student if students do not have internet access.
- **Prepare** slides of the slide masters, “How Am I Doing? Part 1” and “How Am I Doing? Part 2.”

## LESSON PROCEDURE




**Introduction:** Review the previous lesson on benefits of eating healthy foods and being physically active.




Approximately 2 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Review the benefits to be enjoyed by eating healthy foods and being physically active.	<p><i>What are some of the benefits of healthy eating and physical activity?</i></p> <p>Call on students to read the slogans on the posters created by the students during Lesson 2 to summarize the main benefits.</p>	
State the focus of the lesson.	<p><i>Today we'll learn about the recommendations for eating healthy foods and being physically active that are designed specifically for you. We'll also learn how you will benefit if you follow the recommendations.</i></p>	

**Teacher Input:** Identify specific recommendations for healthy eating for two typical sixth grade students. Compare and contrast their plans.




Approximately 15 minutes







Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Identify recommendations for healthy eating and physical activity for two typical sixth grade students using the MyPlate website and the teacher reference, "Sample Daily Food Plans for Sixth Grade Students."</p> 	<p>Log onto <a href="http://www.ChooseMyPlate.gov">www.ChooseMyPlate.gov</a>. Describe the purpose of the website.</p> <p><i>This is the website that explains exactly how people should eat if they want to get all the nutrients they need to be healthy. It also recommends how much physical activity people should get in order to be healthy.</i></p> <p>Demonstrate how to use the website to get a personalized plan for two fictional students, Madison and Andrew. Use the directions on the teacher reference to discuss their plans.</p>	 <p>If you are not able to conduct this class in a computer lab, you have two options:</p> <ul style="list-style-type: none"> <li>display the website in the classroom using an LCD projector and provide the students with handouts of the plans.</li> <li>discuss the website and use the student handouts of the plans.</li> </ul> <p>Using the website in the lab or classroom is the best teaching approach. It motivates students to use the website to examine other aspects of nutrition and physical activity.</p> 

<p>Compare and contrast the plans for two typical sixth grade students, using the set of slide masters, "Madison's and Andrew's Daily Food Plans," and the teacher key, "Madison's and Andrew's Daily Food Plans."</p> 	<p>Display the slides.</p> <p><i>Let's compare Madison's and Andrew's daily food plans. What differences do you notice?</i></p> <p>Answers: See the slides for details.</p> <p><i>Why do you think there are some differences?</i></p> <p>Answers: They are different ages and genders.</p> <p><i>Both students get 30-60 minutes of physical activity.</i></p> <p><i>How much physical activity is recommended for young people?</i></p> <p>Answer: 60 minutes on all or most days of the week</p> <p><i>If Madison and Andrew got more physical activity, how do you think this would affect their plans?</i></p> <p>Answers:</p> <ul style="list-style-type: none"> <li>• They could eat more food.</li> <li>• They would improve their physical fitness and sense of well-being.</li> </ul> <p><i>Both students could each eat 200 more calories a day without gaining extra weight if they increased their physical activity to the recommended level.</i></p>	 <p>Go back to the MyPlate website and reenter the information for Madison and Andrew, but this time select "more than 60 minutes" for their physical activity. Show the students how their Daily Food Plans are modified by increased activity.</p>  <p>You may need to view the PDF versions of the daily food plans for students to see the recommendation regarding physical activity.</p>
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**Application or Skill Practice:** Have students create their own personalized daily food plans. Analyze students' 24-hour nutrition and physical activity logs to determine how they compare to their daily food plans.

Approximately 25 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Identify personalized nutrition and physical activity recommendations, using the student worksheet, "My Nutrition and Physical Activity Recommendations."</p> 	<p><i>Now you can look up your own nutrition recommendations on MyPlate.</i></p> <p><b><i>Go to <a href="http://www.ChooseMyPlate.gov">www.ChooseMyPlate.gov</a> and enter your personal information, including your height and weight if you know it. Complete parts 1 and 2 of your worksheet.</i></b></p> <p><i>We will also use this information for Lesson 6, so make sure you get all the information you can from the website.</i></p> <p><b>After 10 minutes, ask students if they have any questions about completing their personal daily food plan.</b></p>	 <p>Use the teacher assessment rubric or have students use the self-assessment rubric provided at the end of the lesson if you want to assess students' skill development.</p> 

		 <p>If you prefer, students may print off their Daily Food Plans from the website instead of using the worksheet.</p>  <p>If you do not have Internet access, distribute the suggested student handouts, "Daily Food Plan," with the appropriate calories for each student. Use the teacher reference, "Daily Food Plans for Sixth Graders," for guidance.</p>  
<p>Display the slides, "How Am I Doing? Part 1" and "How Am I Doing? Part 2" Compare the daily food plan recommendations with their 24-hour food and activity log, using the student worksheet, "My Nutrition and Physical Activity for 24 Hours," assigned in Lesson 2.</p>  	<p>Ask the students to get out their student worksheet assigned as homework during Lesson 2.</p> <p>Display the slides and explain Part 3.</p> <p><i>Now that you know what you should eat and how much physical activity you need to be healthy, compare your daily food plan to your nutrition and physical activity for 24 hours. Write a one-page paper summarizing your analysis by answering the questions in Part 3 of your worksheet.</i></p>	

**Closure:** Share a strength and a challenge related to nutrition and physical activity.

Approximately 3 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Discuss with a partner their analysis of their nutrition and physical activity.	<i>Find a partner sitting near you and share one thing you are doing well and one thing you would like to improve about your nutrition and physical activity.</i>	
Remind students to place their work and handouts in their folders.	<i>Please place all your handouts and worksheets in your folder. You will use the contents of your folder during the last lesson of this unit.</i>	
Preview the next health lesson.	<i>In our next health lesson, we will talk about ways nutrition and physical activity impact our body image and weight.</i>	



## Sample Daily Food Plans for Sixth Grade Students

Directions:

- Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).
- Click on Get a Personalized Plan.
- Follow the directions below for each fictional sixth grade student to demonstrate how to personalize a nutrition and physical activity plan.
- If you want to print off the two plans for your students' use, on the right side of the website, select "Click here to view and print a PDF version of your results." This option provides a more useful handout than printing the webpage itself.

1. Madison: Enter her age, 11, and her sex, female. Do not enter her height and weight. Enter her activity level as 30-60 minutes of daily physical activity.

Once Madison's personalized plan appears, point out the following points for her Daily Food Plan:

She should eat 1800 calories a day, including:

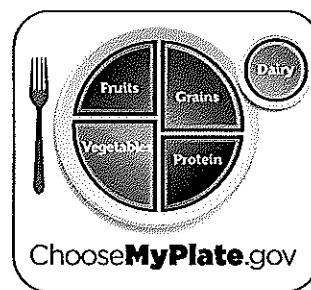
- Grains: 6 ounces (3 ounces whole grains)
- Vegetables: 2.5 cups
- Fruits: 1.5 cups
- Dairy: 3 cups
- Protein Foods: 5 ounces
- 5 teaspoons oil
- 160 empty calories\*

2. Andrew: Enter his age, 12, and his sex, male. Do not enter his height and weight. Enter his activity level as 30-60 minutes of daily physical activity.

Once Andrew's personalized plan appears, point out the following points for his Daily Food Plan:

He should eat 2200 calories a day, including:

- Grains: 7 ounces (3.5 ounces whole grains)
- Vegetables: 3.0 cups
- Fruits: 2.0 cups
- Dairy: 3 cups
- Protein Foods: 6 ounces
- 6 teaspoons oil
- 270 empty calories\*



- \* Each person has an allowance for some empty calories. Once you have eaten the essential foods from the five food groups, you have consumed the minimum calories required to meet your nutrient needs. By selecting the lowest fat and no-sugar-added forms of foods in each food group you would make the best nutrient selections with the fewest calories. Depending on the foods you choose, you may be able to consume more calories than the amount required to meet your nutrient needs. These calories can be used on luxuries like solid fats, added sugars, and alcohol, or on more food from any food group. These are your "empty calories."

For more information about empty calories, go to  
<http://www.ChooseMyPlate.gov/foodgroups/emptycalories.html>.



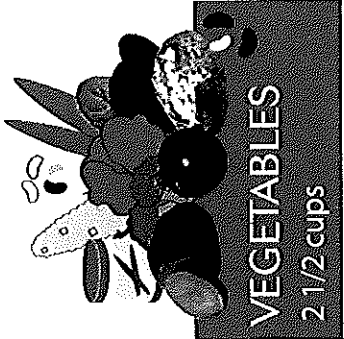


# Madison's Daily Food Plan

For an 11 year-old female who gets 30-60 minutes of daily physical activity, this is the daily recommended amount for each food group.



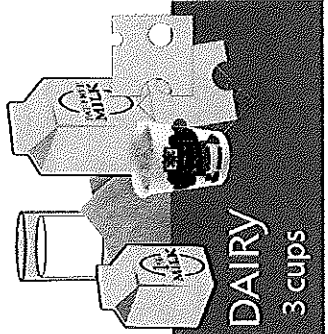
**GRAINS**  
6 ounces



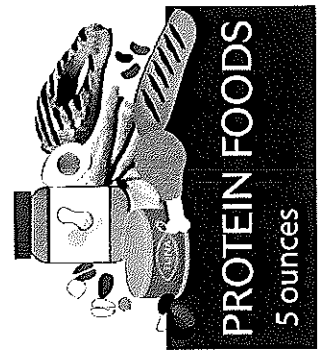
**VEGETABLES**  
2 1/2 cups



**FRUITS**  
1 1/2 cups



**DAIRY**  
3 cups



**PROTEIN FOODS**  
5 ounces

## Make half your grains whole

Aim for at least **3 ounces** of whole grain a day

## Vary your veggies

Aim for these amounts each week:  
**Dark green veggies** = 1 1/2 cups  
**Red & orange veggies** = 5 1/2 cups  
**Beans & peas** = 1 1/2 cups  
**Starchy veggies** = 5 cups  
**Other veggies** = 4 cups

## Focus on fruits

Eat a variety of fruit  
 Choose whole or cut-up fruits more often than fruit juice

## Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories  
 Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

## Go lean with protein

Twice a week, make seafood the protein on your plate  
 Vary your protein routine—choose beans, peas, nuts, and seeds more often  
 Keep meat and poultry portions small and lean

## Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

## Know your limits on fats, sugars, and sodium

Your allowance for oils is **5 teaspoons** a day.  
 Limit Calories from solid fats and added sugars to **160 Calories** a day.  
 Reduce sodium intake to less than **2300 mg** a day.

**Your results are based on a 1800 Calorie pattern.**

**Name:** \_\_\_\_\_

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



# Andrew's Daily Food Plan

For a 12 year-old male who gets 30-60 minutes of daily physical activity, this is the daily recommended amount for each food group.



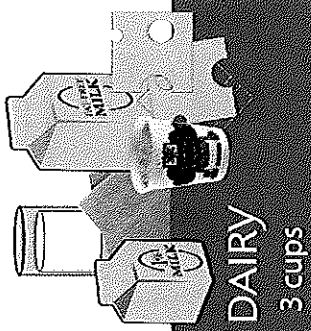
**GRAINS**  
7 ounces



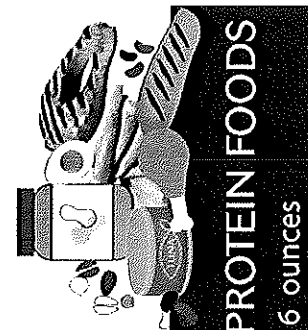
**VEGETABLES**  
3 cups



**FRUITS**  
2 cups



**DAIRY**  
3 cups



**PROTEIN FOODS**  
6 ounces

## Make half your grains whole

Aim for at least **3 1/2 ounces** of whole grain a day

## Vary your veggies

Aim for these amounts

**each week:**

**Dark green veggies**

= 2 cups

**Red & orange veggies**

= 6 cups

**Beans & peas**

= 2 cups

**Starchy veggies**

= 6 cups

**Other veggies**

= 5 cups

## Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

## Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

## Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

## Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

## Know your limits on fats, sugars, and sodium

Your allowance for oils is **6 teaspoons** a day.

Limit Calories from solid fats and added sugars to **270 Calories** a day.

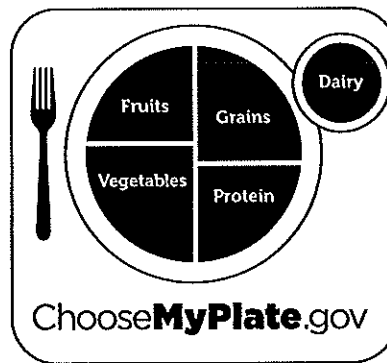
Reduce sodium intake to less than **2300 mg** a day.

**Your results are based on a 2200 Calorie pattern.**

**Name:** \_\_\_\_\_

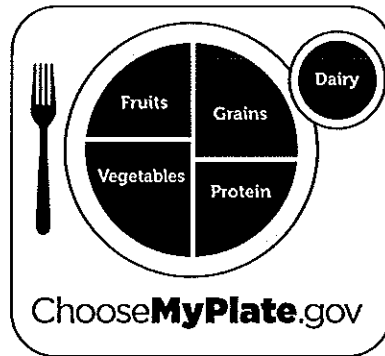
This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.





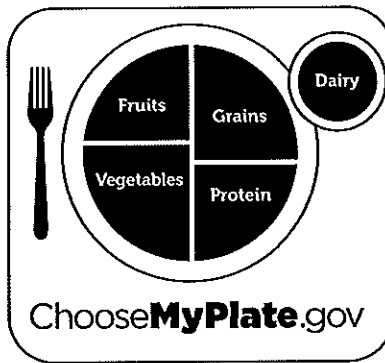
## Madison's and Andrew's Daily Food Plans

Daily Food Plan Topics	Madison	Andrew
Age	11	12
Gender	female	male
Physical activity	30-60 minutes	30-60 minutes
Calories	1800	2200



## Madison's and Andrew's Daily Food Plans

Daily Food Plan Topics	Madison	Andrew
Grains	6 ounces	7 ounces
Vegetables	2 ½ cups	3 cups
Fruits	1 ½ cups	2 cups



## Madison's and Andrew's Daily Food Plans

Daily Food Plan Topics	Madison	Andrew
Dairy	3 cups	3 cups
Protein Foods	5 ounces	6 ounces
Oils	5 teaspoons	6 teaspoons
Empty Calories	160 calories	270 calories
Sodium	No more than 2300 mg	No more than 2300 mg



## Madison's and Andrew's Daily Food Plans

Daily Food Plan Topics	Madison	Andrew	Comments
Age	11	12	Older kids may need more calories.
Gender	female	male	Males usually need more calories.
Physical Activity	30-60 minutes	30-60 minutes	Both should get 60 or more minutes a day.
Calories	1800	2200	400 calories difference
Grains	6 ounces	7 ounces	Andrew needs 1 ounce more of grains.
Vegetables	2 ½ cups	3 cups	Andrew needs ½ cup more of vegetables.
Fruits	1 ½ cups	2 cups	Andrew needs ½ cup more of fruits.
Dairy	3 cups	3 cups	Both need 3 cups of dairy.
Protein Foods	5 ounces	6 ounces	Andrew needs 1 ounce more of protein foods.
Oils	5 teaspoons	6 teaspoons	Andrew may have 1 more teaspoon of oil.
Empty Calories	160 calories	270 calories	Andrew may have 110 more empty calories.
Sodium	No more than 2300 mg	No more than 2300 mg	Madison and Andrew have the same sodium limit.

Note: If Madison and Andrew got their recommended 60 or more minutes of physical activity each day, they could eat 200 more calories each day without gaining extra weight.

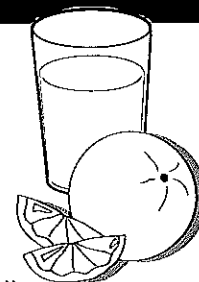


# My Nutrition and Physical Activity Recommendations

## Part 1 Directions:

- Go online to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). Click on "Get a Personalized Plan."
- Enter your age, sex, weight and height, and level of physical activity.
- Get familiar with your recommended "Daily Food Plan."
- Record your information below.

## Part 1



### My Nutrition Recommendations

My plan includes \_\_\_\_\_ calories a day.

I should eat the following amounts of foods from each food group daily:

Grains:

Vegetables:

Fruits:

Dairy:

Protein Foods:

I should eat \_\_\_\_\_ ounces of whole grains a day.

I should eat \_\_\_\_\_ teaspoons of oil a day.

I should limit my empty calories (fats and sugars) to \_\_\_\_\_ calories a day.

I should limit my sodium to \_\_\_\_\_ mg a day.



### My Physical Activity Recommendations

I should get at least **60** minutes of physical activity most or all days.

## Part 2 Directions:

- Review your recommended "Daily Food Plan."
- Describe the health benefits of following this plan.

## Part 2

If I follow my Daily Food Plan, I will enjoy these benefits:

- 
- 
- 
-



## Part 3

### Part 3 Directions:

First, use your student worksheet, "My Nutrition and Physical Activity for 24 Hours."

- Total the amount of food eaten for each of the five food groups.
- Total the amount of oil eaten.
- Total the amount of food eaten that is extra fat, sugar, or salt.
- Add up the time spent in moderate or vigorous physical activities.

Next, answer these questions:

- Am I eating the right amount of food from all five food groups?
- If not, what foods will I need to eat more of?
- What foods will I need to eat less of?
- If I'm not physically active for 60 minutes or more, what will I do to increase my activity level?

Write a one-page paper summarizing your answers.



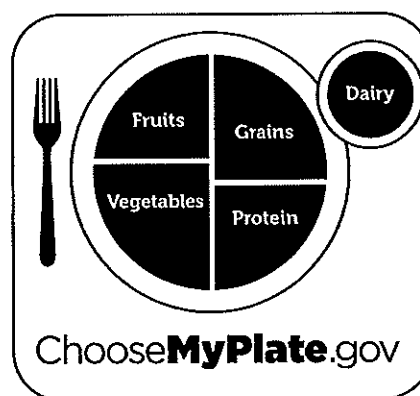


# How Am I Doing?

## Part 1

### **First:**

- **Total the amount of food eaten for each of the five food groups.**
- **Total the amount of oil eaten.**
- **Total the amount of food eaten that is extra fat, sugar, or salt.**
- **Add up the time spent in moderate or vigorous physical activities.**





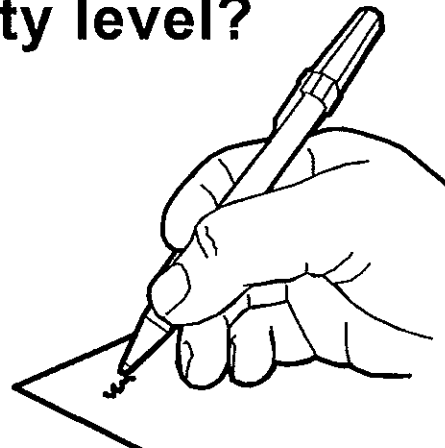
# How Am I Doing?

## Part 2

**Next, answer these questions:**

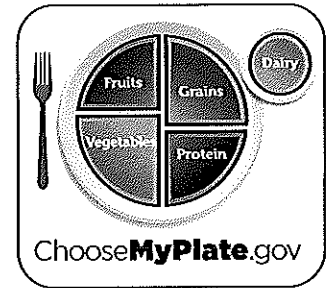
- **Am I eating the right amount of food from all five food groups?**
- **If not, what foods will I need to eat more of?**
- **What foods will I need to eat less of?**
- **If I'm not physically active for 60 minutes or more, what will I do to increase my activity level?**

**Write a one-page paper summarizing your answers.**





## Daily Food Plans for Sixth Graders\*



The following students should use the 1600 calorie Daily Food Plan:

Female	11	Less than 30 minutes
Female	12	Less than 30 minutes
Female	13	Less than 30 minutes
Male	11	Less than 30 minutes

The following students should use the 1800 calorie Daily Food Plan:

Female	11	30 to 60 minutes
Male	12	Less than 30 minutes

The following students should use the 2000 calorie Daily Food Plan:

Female	11	More than 60 minutes
Female	12	30 to 60 minutes
Female	13	30 to 60 minutes
Male	11	30 to 60 minutes
Male	13	Less than 30 minutes

The following students should use the 2200 calorie Daily Food Plan:

Female	12	More than 60 minutes
Female	13	More than 60 minutes
Male	11	More than 60 minutes
Male	12	30 to 60 minutes
Male	13	30 to 60 minutes

The following students should use the 2400 calorie Daily Food Plan:

Male	12	More than 60 minutes
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The following students should use the 2600 calorie Daily Food Plan:

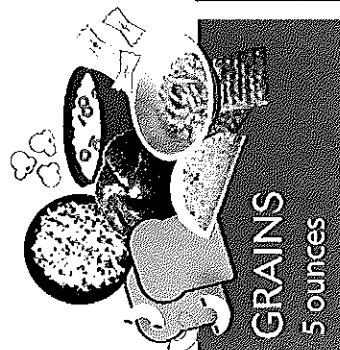
Male	13	More than 60 minutes
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\* All charts assume average height and weight.



# 1600 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



**GRAINS**  
5 ounces



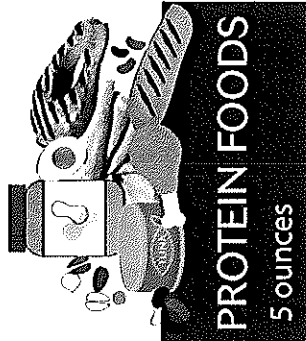
**VEGETABLES**  
2 cups



**FRUITS**  
1 1/2 cups



**DAIRY**  
3 cups



**PROTEIN FOODS**  
5 ounces

## Make half your grains whole

Aim for at least **3 ounces** of whole grain a day

## Vary your veggies

Aim for these amounts **each week:**

**Dark green veggies**  
= 1 1/2 cups  
**Red & orange veggies**  
= 4 cups  
**Beans & peas**  
= 1 cup  
**Starchy veggies**  
= 4 cups  
**Other veggies**  
= 3 1/2 cups

## Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

## Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

## Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

## Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

## Know your limits on fats, sugars, and sodium

Your allowance for oils is **5 teaspoons** a day.

Limit Calories from solid fats and added sugars to **120 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

**Your results are based on a 1600 Calorie pattern.**

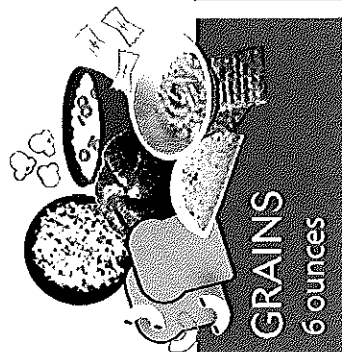
**Name:** \_\_\_\_\_

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



# 1800 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



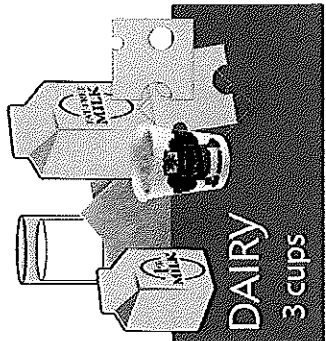
**GRAINS**  
6 ounces



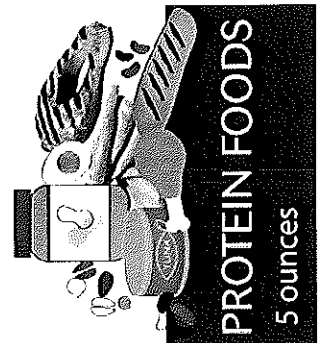
**VEGETABLES**  
2 1/2 cups



**FRUITS**  
1 1/2 cups



**DAIRY**  
3 cups



**PROTEIN FOODS**  
5 ounces

## Make half your grains whole

Aim for at least  
**3 ounces**  
of whole grain a day

## Vary your veggies

Aim for these amounts  
**each week:**  
**Dark green veggies**  
= 1 1/2 cups  
**Red & orange veggies**  
= 5 1/2 cups  
**Beans & peas**  
= 1 1/2 cups  
**Starchy veggies**  
= 5 cups  
**Other veggies**  
= 4 cups

## Focus on fruits

Eat a variety of fruit  
Choose whole or cut-up  
fruits more often than  
fruit juice

## Get your calcium-rich foods

Drink fat-free or low-fat  
(1%) milk, for the same  
amount of calcium and  
other nutrients as whole  
milk, but less fat and  
Calories  
Select fat-free or low-fat  
yogurt and cheese, or  
try calcium-fortified soy  
products

## Go lean with protein

Twice a week, make  
seafood the protein on  
your plate  
Vary your protein routine—  
choose beans, peas, nuts,  
and seeds more often  
Keep meat and poultry  
portions small and lean

## Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

## Know your limits on fats, sugars, and sodium

Your allowance for oils is **5 teaspoons** a day.  
Limit Calories from solid fats and added sugars to **160 Calories** a day.  
Reduce sodium intake to less than **2300 mg** a day.

**Your results are based on a 1800 Calorie pattern.**

**Name:** \_\_\_\_\_

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



# 2000 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



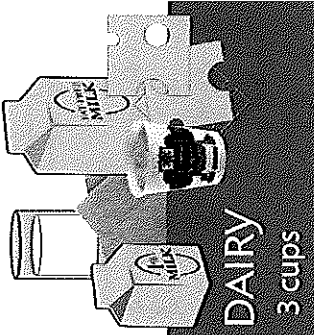
**GRAINS**  
6 ounces



**VEGETABLES**  
2 1/2 cups



**FRUITS**  
2 cups



**DAIRY**  
3 cups



**PROTEIN FOODS**  
5 1/2 ounces

## Make half your grains whole

Aim for at least **3 ounces** of whole grain a day

## Vary your veggies

Aim for these amounts **each week:**

- Dark green veggies**  
= 1 1/2 cups
- Red & orange veggies**  
= 5 1/2 cups
- Beans & peas**  
= 1 1/2 cups
- Starchy veggies**  
= 5 cups
- Other veggies**  
= 4 cups

## Focus on fruits

Eat a variety of fruit  
Choose whole or cut-up fruits more often than fruit juice

## Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories  
Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

## Go lean with protein

Twice a week, make seafood the protein on your plate  
Vary your protein routine—choose beans, peas, nuts, and seeds more often  
Keep meat and poultry portions small and lean

## Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

## Know your limits on fats, sugars, and sodium

Your allowance for oils is **6 teaspoons** a day.  
Limit Calories from solid fats and added sugars to **260 Calories** a day.  
Reduce sodium intake to less than **2300 mg** a day.

**Your results are based on a 2000 Calorie pattern.**

**Name:** \_\_\_\_\_

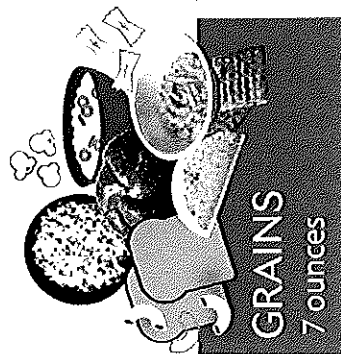
This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



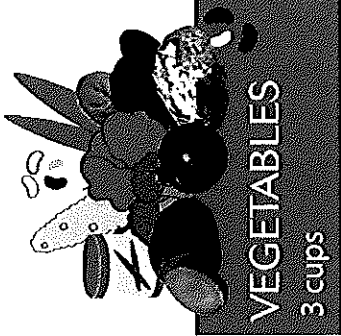


# 2200 Calorie Daily Food Plan

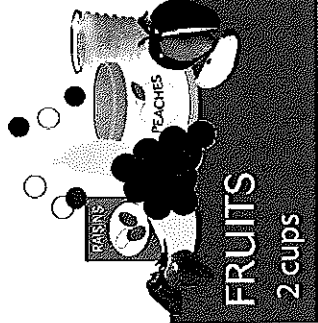
Based on the information you provided, this is your daily recommended amount for each food group.



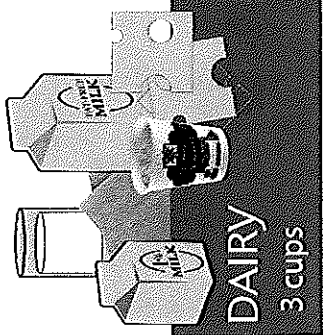
**GRAINS**  
7 ounces



**VEGETABLES**  
3 cups



**FRUITS**  
2 cups



**DAIRY**  
3 cups



**PROTEIN FOODS**  
6 ounces

## Make half your grains whole

Aim for at least  
**3 1/2 ounces**  
of whole grain a day

## Vary your veggies

Aim for these amounts  
each week:

**Dark green veggies**

= 2 cups

**Red & orange veggies**

= 6 cups

**Beans & peas**

= 2 cups

**Starchy veggies**

= 6 cups

**Other veggies**

= 5 cups

## Focus on fruits

Eat a variety of fruit

Choose whole or cut-up  
fruits more often than  
fruit juice

## Get your calcium-rich foods

Drink fat-free or low-fat  
(1%) milk, for the same  
amount of calcium and  
other nutrients as whole  
milk, but less fat and  
Calories

Select fat-free or low-fat  
yogurt and cheese, or  
try calcium-fortified soy  
products

## Go lean with protein

Twice a week, make  
seafood the protein on  
your plate

Vary your protein routine—  
choose beans, peas, nuts,  
and seeds more often

Keep meat and poultry  
portions small and lean

## Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

## Know your limits on fats, sugars, and sodium

Your allowance for oils is **6 teaspoons** a day.

Limit Calories from solid fats and added sugars to **270 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

**Your results are based on a 2200 Calorie pattern.**

**Name:** \_\_\_\_\_

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



# 2400 Calorie Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



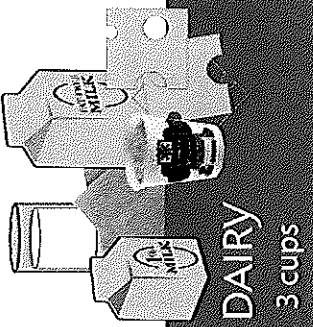
**GRAINS**  
8 ounces



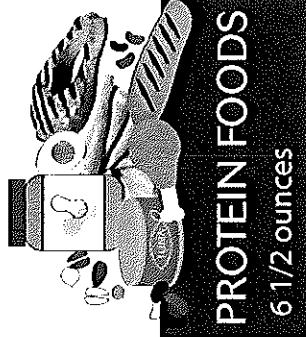
**VEGETABLES**  
3 cups



**FRUITS**  
2 cups



**DAIRY**  
3 cups



**PROTEIN FOODS**  
6 1/2 ounces

## Make half your grains whole

Aim for at least **4 ounces** of whole grain a day

## Vary your veggies

Aim for these amounts **each week:**

**Dark green veggies**  
= 2 cups

**Red & orange veggies**  
= 6 cups

**Beans & peas**  
= 2 cups

**Starchy veggies**  
= 6 cups

**Other veggies**  
= 5 cups

## Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

## Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

## Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

## Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

## Know your limits on fats, sugars, and sodium

Your allowance for oils is **7 teaspoons** a day.

Limit Calories from solid fats and added sugars to **330 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a **2400 Calorie** pattern.

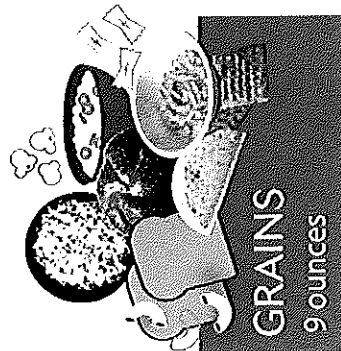
Name: \_\_\_\_\_

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



# 2600 Calorie Daily Food Plan

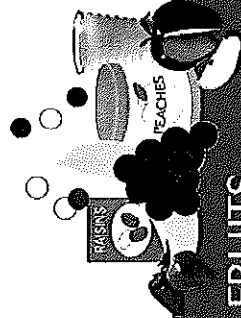
Based on the information you provided, this is your daily recommended amount for each food group.



**GRAINS**  
9 ounces



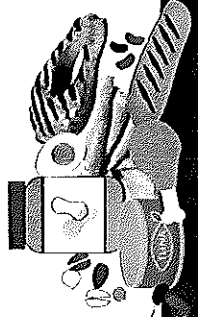
**VEGETABLES**  
3 1/2 cups



**FRUITS**  
2 cups



**DAIRY**  
3 cups



**PROTEIN FOODS**  
6 1/2 ounces

## Make half your grains whole

Aim for at least  
**4 1/2 ounces**  
of whole grain a day

## Vary your veggies

Aim for these amounts  
each week:

**Dark green veggies**

= 2 1/2 cups

**Red & orange veggies**

= 7 cups

**Beans & peas**

= 2 1/2 cups

**Starchy veggies**

= 7 cups

**Other veggies**

= 5 1/2 cups

## Focus on fruits

Eat a variety of fruit

Choose whole or cut-up  
fruits more often than  
fruit juice

## Get your calcium-rich foods

Drink fat-free or low-fat  
(1%) milk, for the same  
amount of calcium and  
other nutrients as whole  
milk, but less fat and  
Calories

Select fat-free or low-fat  
yogurt and cheese, or  
try calcium-fortified soy  
products

## Go lean with protein

Twice a week, make  
seafood the protein on  
your plate

Vary your protein routine—  
choose beans, peas, nuts,  
and seeds more often

Keep meat and poultry  
portions small and lean

## Find your balance between food and physical activity

Be physically active for at least **60 minutes** each day.

## Know your limits on fats, sugars, and sodium

Your allowance for oils is **8 teaspoons** a day.

Limit Calories from solid fats and added sugars to **360 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.

**Your results are based on a 2600 Calorie pattern.**

Name: \_\_\_\_\_

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.



## Assessment Rubric for Skill Development: My Nutrition and Physical Activity Recommendations

### Elements in the Lesson

#### Part 1:

- Use ChooseMyPlate.gov to complete Part 1 (calories, amounts of foods to be eaten including whole grains, oils, empty calories, sodium, and amount of daily physical activity).

#### Part 2:

- Describe the health benefits of following the dietary and physical activity recommendations.

#### Part 3:

- Total the amount of food eaten and the time spent doing physical activities.
- Answer these questions:
  - Am I eating the right amount of food from all five food groups?
  - If not, what foods will I need to eat more of?
  - What foods will I need to eat less of?
  - If I'm not physically active for 60 minutes or more, what will I do to increase my activity level?

**NOTE:** You are assessing students' ability to use ChooseMyPlate.gov, describe health benefits, and evaluate their eating and activity levels. You are not judging their personal choices.

The following rubric can be used for assessing student skill development. The student has demonstrated the following elements of this skill through role play, written assignments, or classroom activities.

1	2	3	4	Comments
Some of the elements of Part 1 are included. Few health benefits are listed in Part 2, and they may be inaccurate or unclear. Few of the Part 3 totals are computed. Few of the questions are answered and most answers have many inaccuracies.	All elements of Part 1 are included. Fewer than four benefits are listed in Part 2, or the benefits may be unclear. Some of the Part 3 totals may be missing. Some of the questions may not be answered, or some are answered inaccurately.	All elements of Part 1 are included. At least four health benefits are listed in Part 2. All of the Part 3 totals are computed. The questions are answered accurately.	All elements of Part 1 are included. At least four health benefits are clearly and completely described in Part 2. All of the Part 3 totals are computed. The questions are answered clearly and completely with extensive explanation.	



## My Nutrition and Physical Activity Recommendations

### Elements in the Lesson

#### Part 1:

- Use ChooseMyPlate.gov to complete Part 1 (calories, amounts of foods to be eaten including whole grains, oils, empty calories, sodium, and amount of daily physical activity).

#### Part 2:

- Describe the health benefits of following the dietary and physical activity recommendations.

#### Part 3:

- Total the amount of food eaten and the time spent doing physical activities.
- Answer these questions:
  - Am I eating the right amount of food from all five food groups?
  - If not, what foods will I need to eat more of?
  - What foods will I need to eat less of?
  - If I'm not physically active for 60 minutes or more, what will I do to increase my activity level?

The following rubric can be used for assessing your skill development in assessing your nutrition and physical activity and developing recommendations for improvement. You may have demonstrated the elements of this skill through role play, written assignments, or classroom activities. Write any ideas or thoughts you have in the "Comments" column.

1	2	3	4	Comments
I included only some of the elements of Part 1. I listed few health benefits in Part 2 and, they may be inaccurate or unclear. I computed few of the Part 3 totals. I answered few of the questions and most of my answers have many inaccuracies.	I included all elements of Part 1. I listed fewer than four benefits in Part 2, or the benefits may be unclear. I computed some of the Part 3 totals, but some may be missing. I didn't answer all of the questions or some of my answers may be inaccurate.	I included all elements of Part 1. I listed at least four health benefits in Part 2. I computed totals for all of Part 3. I accurately answered all of the questions.	I included all elements of Part 1. I clearly and completely described four or more health benefits in Part 2. I computed totals for all of the Part 3. I clearly and completely answered the questions with extensive explanations.	

